

JTW DECEMBER 2025



OCEAN COUNTY'S COMMUNITY WELLNESS CENTER

HOURS:



Tues

12-8pm

Thurs

2-8pm

Fri

2-8pm

Sat

10am-3pm



MONDAYS WOW Van Mondays

WELLNESS ON WHEELS: Bringing Curbside Support, Info, & Hope into Ocean County. CHECK OUT FACEBOOK TO FIND OUT WHERE - YOU CAN FIND THE WOW! OR CALL FOR MORE INFO.

TUESDAYS 12pm-2pm Pantry / 2pm-8pm Groups

2:15-3:15 PM: MIND OVER MATTER: HOLISTIC WELLNESS (RM B)

3:30-5:00 PM: BUILDING HEALTHY RELATIONSHIPS (RM B)

4:00-5:00 PM: PENNY PINCHERS BUDGETING (RM A)

5:00-6:00 PM: DINNER DINE & UNWIND

6:00-7:00 PM: EXPLORING EMOTIONS (RM B)

6:00-7:00 PM: COPING THROUGH CREATIVITY (RM A)

7:15-8:00 PM: DUAL RECOVERY (RM B)

THURSDAYS 2pm-8pm Groups

2:15-3:15 PM: SELF-DISCOVERY: PATHS TO WELLNESS (RM B)

3:30-5:00 PM: WRAP ABOUT IT (RM B)

4:00-5:00 PM: GETTING TO KNOW YOU (RM B)

5:00-6:00 PM: DINNER DINE AND UNWIND

6:00-7:00 PM: EMBRACING NEURODIVERSITY (RM A)

6:00-7:00 PM: INNER HEALING (RM B)

7:15-8:00 PM: DUAL RECOVERY (RM B)

FRIDAYS 2pm-6pm Groups / 6pm-8pm Cafe MHA

2:15-3:15 PM: HEALTHY HABITS: FOOD & FITNESS (RM B)

3:30-4:15 PM: ANXIETY & STRESS REDUCTION (RM B)

4:15-5:00 PM: AVOIDING ISOLATION (RM B)

5:00-6:00 PM: DINNER DINE & UNWIND

6:00-8:00 PM: CAFÉ MHA

SATURDAYS 10am-3pm Groups

10:00-11:00 AM: FINDING PEACE WITHIN *1ST & 3RD* (RM B)

10:00-11:00 AM: DUAL RECOVERY *2ND & 4TH* (RM B)

11:00 AM-12:00 PM: SELF-CARE STRATEGIES (RM B)

12:00 PM-1:00 PM: LUNCH & UNWIND

1:00-3:00 PM: UPLIFT & UNITE SOCIAL SATURDAYS (RM B)



25 South Shore Dr.
Toms River 08753



732-244-0940



For More Info Contact:
HOPE, JTW COORDINATOR
HSHAWLINSKI@MHANJ.ORG



Happy
Holidays

JOIN US FOR JTW'S HOLIDAY PARTY

TUESDAY- DEC 23RD, 2025



May this season remind
you that peace is a gift
you can give yourself.



This season, choose calm
over chaos, kindness over
perfection.



Joy is contagious...
spread it generously



JTW will be closed
Dec 25th, 26th, & 27th
As well as Jan 1st

